

# SIMPLE STEPS FOR A HEALTHY SMILE!

Tooth decay is the #1 infectious childhood disease.  
You can't see the bacteria that causes decay, but you can protect your child!

## HEALTHY DRINKS

**Drink tap water.** It's free—and safe! Most tap water has fluoride: your community should! Fluoride keeps teeth strong.



**Skip sugary drinks.** Don't put soda and fruit juice in sippy cups. *Use water!*



## HEALTHY FOODS

**Eat healthy food.** Raw fruit and vegetables, whole grains and dairy are best. Limit sweets and sticky foods.



**Eat and snack at regular times.** Give bacteria less time to grow! If you can't brush after eating, drink tap water to help prevent decay.



## HEALTHY HABITS

**Clean the mouth twice a day, even if children fuss!**



**Babies:** Wipe the gums and tongue after meals or nursing. Use a clean washcloth or gauze.



**Children under 2:** Brush your child's teeth and tongue with a "smear" of fluoride toothpaste.

*Don't rinse after brushing—fluoride protects teeth.*



**Ages 2-7:** Brush your child's teeth and tongue with a "pea-sized" amount of fluoride toothpaste. *Spit, but*

*don't rinse after brushing.*

**8 and older:** Brush twice a day for 2 minutes!

## HEALTHY HABITS



**Lift the Lip.** Look for white spots on your child's teeth. They can become cavities. Show them to a dentist.

**Visit the dentist!** Children should go by age 1; go when you're pregnant too! *Go regularly after that!*



Congratulations on that healthy smile!